



## CLLC Fitness Schedule April 1- June 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Deep Aquafit 8:30am-9:30am		Deep Aquafit 8:30am-9:30am		
Fusion 9:45am-10:45am	LIIT 9:30am-10:30am	Fusion 9:45am-10:45am	Cardio Sculpt 9:30am-10:30am	Total Body Fit 10:00am-11:00am	Pilates 9:00am-9:45am	
Strength and Balance 11:00am-12:00pm	Core and Stretch 10:45am-11:30am	Strength and Balance 11:00am-12:00pm	Gentle Shallow Aquafit 11:30pm-12:15pm	Hatha Yoga 11:15am- 12:15pm		
			Deep Aquafit 1:00pm-2:00pm			
	Glutes and Abs 4:15pm-5:15pm					No classes on April 1, May 20. Pro D days: April 26, May 17 and May 31.
Body in Balance 5:30pm-6:30pm	Hatha Yoga 5:30pm-6:30pm	Gentle Hatha Yoga 6:00pm-7:00pm				
Zumba 6:30pm-7:30pm						

Childminding is available for ages 18 months to 10 years.  
 Wednesdays 5:30pm - 7:30pm  
 Fridays 9:30am-11:30am  
 Saturdays 8:00am - 10:00am

This schedule is subject to change.  
 For the most up to date schedule information follow us on  
 Facebook and Instagram

